

"This book . . . will help [couples] understand the role of sexual intimacy
in keeping marriages strong." —DR. LAURA SCHLESSINGER

THE SEX- STARVED Marriage

BOOSTING YOUR MARRIAGE LIBIDO

A Couple's Guide



MICHELE WEINER DAVIS

Sex Starved Marriage Boosting Your Marriage Libido A Couples Guide

Michele Weiner-Davis



Sex Starved Marriage Boosting Your Marriage Libido A Couples Guide:

The Sex-Starved Marriage Michele Weiner Davis, 2011-03-01 It is estimated that one of every three married couples struggles with problems associated with mismatched sexual desire. Do you? If you want to stop fighting about sex and revitalize your intimate connection with your spouse, then you need this book. But *The Sex Starved Marriage* is not just another book explaining the reasons you or your spouse might not be in the mood for sex. Bestselling author Michele Weiner Davis will help you understand why being complacent or bitter about how sex might cost you your marriage and, with her acclaimed psychobabble-free, straight-shooting advice, she'll show you how to bring the spark back into your bedroom and into your relationship. Because relationship expert Weiner Davis is convinced that feeling sexy is a two-person job, she looks at the problem of and the solution to low sexual desire from a couple's perspective. Whether you're someone whose passion has faded or someone who's been hungering for touch, you'll learn life-altering lessons about bridging the desire gap and restoring intimacy and friendship to your marriage. And because Weiner Davis knows that one spouse is often more motivated than the other to work on a relationship, she offers creative ways to inspire your partner to change. Separate chapters address the spouse who's hot, the one who's not, and then both together. If you're the spouse with a lagging libido, you're far from alone. And if you're a man, you'll be surprised to learn that staggering numbers of men—even men whose sexual machinery works just fine—get headaches, too. If you're the low-desire spouse, you'll learn about the physiological and psychological factors, including unresolved relationship issues, that may contribute to the chill in your bedroom. You'll learn the truth about sexual desire: that for millions of men or women, it doesn't just happen; you have to make it happen. Finally, you'll find specific, pragmatic, and often provocative solutions to help you discover the siren or seducer within. If you're the more highly sexed partner, you'll breathe a sigh of relief. At last, someone understands your feelings about the void in your marriage. Discover why your pleas for touch have fallen upon deaf ears and why your approach to the lull in your sexual relationship could be a sexual turnoff. Most important, you'll find tools you can use to reach out in ways that will make your spouse more responsive. Finally, if your partner is willing, you will learn how to keep the flame of desire burning together. Full of moving first-hand accounts from couples who have struggled with the erosion of sexual desire and rebuilt their passionate connection, *The Sex Starved Marriage* will give you and your spouse the inspiration, encouragement, and answers you need to find your way out of a sex-starved marriage.

The Sex-Starved Marriage Michele Weiner-Davis, 2004 Not tonight, darling. I've got a headache. An estimated one in three couples suffer from problems associated with one partner having a higher libido than the other. Marriage therapist Michele Weiner Davis has written *THE SEX STARVED MARRIAGE* to help couples come to terms with this problem. Weiner Davis shows you how to address psychological factors like depression, poor body image, and communication problems that affect sexual desire. With separate chapters for the spouse that's ready for action and the spouse that's ready for sleep, *THE SEX STARVED MARRIAGE* will help you re-spark your passion and stop you fighting about sex. Weiner Davis is

renowned for her straight talking style and here she puts it to great use to let you know you re not alone in having marital sex problems Bitterness or complacency about ho hum sex can ruin a marriage breaking the emotional tie of good sex

The Sex-Starved Wife Michele Weiner Davis,2008-01-01 Michele Weiner Davis bestselling author of *The Sex Starved Marriage* offers a groundbreaking guide to creating intimacy in your relationship In 2003 bestselling author and relationship expert Michele Weiner Davis s groundbreaking book *The Sex Starved Marriage* described the problems that occur in marriage when one spouse is vastly more interested in sex than the other and more importantly what the couple could do to fix things The book created quite a stir but no one expected what happened next Weiner Davis was flooded with e mails letters and phone calls from women not with headaches and other predictable excuses for avoiding sex but from women who were desperately unhappy because their husbands weren t the least bit interested in sex Nothing these women said or did got their men to understand the pain and isolation that comes from a sexual void and despite heartfelt pleas they were unable to convince their husbands to seek professional help Add to this the unspoken taboo about discussing low libido in men and these women were left to believe that they were the only ones dealing with this problem If this sounds like your situation Weiner Davis wants to tell you that you are not alone and it is not your fault there is a whole host of reasons why your husband might be experiencing low desire Although Weiner Davis explains reasons men lose interest in sex biological issues personal troubles and relationship problems she s convinced that understanding the cause of a problem won t make your sex life any juicier doing something about it will *The Sex Starved Wife* gives you the tools you need to present the information in the book so that your husband will not become defensive You ll even learn methods for overcoming sexual dysfunctions such as performance anxiety premature ejaculation and effective ways for dealing with pornography or infidelity If you and your spouse need additional support Weiner Davis offers concrete advice on how to get your man to visit his doctor or seek other professional help When it comes to marriage Weiner Davis has seen it all She knows how important loving satisfying sex is to a healthy marriage The straightforward psychobabble free advice in this book will help you create the intimacy and connection for which you ve been longing

The Complete Idiot's Guide to Enhancing Sexual Desire Judy Ford, MSW, LCSW,Rachel Greene Baldino MSW, LCSW,2007-12-04 Staying focused on one of life s greatest pleasures From setting the stage and setting aside sex time to natural and chemical stimulants and enhancers to a wide variety of mechanical and visual erotic aids this guide offers expert advice from two noted sex therapists It helps couples overcome busy schedules fatigue and distractions and keep sexual desire not only alive and well but charged with total satisfaction

Real Intimacy: A Couple's Guide to Healthy, Genuine Sexuality Kristin B. Hodson, LCSW,Alisha B. Worthington, SSW,Thomas G. Harrison, LCSW,2023-02-02 Based on doctrinal principles and years of professional experience counseling real people this uplifting volume approaches marital intimacy with a genuine desire to help couples Learn to lovingly discuss your physical relationship with your spouse identify false worldly ideas about sex and reconcile your differing perspectives

Informative and engaging this book will answer all your questions as you learn to truly become one **Treating Couples Well** David C. Treadway,2019-07-25 Treating Couples Well shows clinicians how to create a collaborative approach to couple therapy which will empower couples to take charge of their own treatment Written in an engaging and conversational style the book carefully explains how to help couples choose between a variety of clinical approaches and offers effective treatment strategies for a wide range of issues including infidelity intimacy and sexuality communication mental illness and addiction Chapters also explore the importance of considering the therapist s own life experience and its impact on working with couples Practical interventions clinical vignettes and homework exercises are included throughout to help therapists to successfully support the needs of each couple and to encourage meaningful work between sessions Drawing on a plethora of case examples from the career of a leading couple therapist Treating Couples Well will be a valuable resource to couple and marriage and family therapists at all levels Woman Cancer Sex Anne Katz,2020-11-29 Winner of the 2023 SSTAR

Consumer Book Award Woman Cancer Sex Second Edition is an accessible and comprehensive resource for women living with and surviving cancer as they navigate specific challenges related to sex and sexuality Women who have survived cancer remain sexual beings despite the challenges of cancer treatment and they often have nowhere to go with their questions and concerns This text interweaves stories from clinical practice with evidence based tips and interventions for a range of physical and emotional side effects resulting from cancer and its treatment Each chapter describes the experience of a woman with a particular kind of cancer and a variety of related problems including loss of libido physical pain body image issues depression and struggles communicating with a partner and health care providers Written by a leading voice in the field of cancer and sexuality this book offers essential guidance surrounding questions about sexual health for women diagnosed with cancer It will also be of use to health care providers including social workers and sex and couple therapists

The Quick-Reference Guide to Sexuality & Relationship Counseling Dr. Tim Clinton,Timothy E. Clinton,Dr. Mark Laaser,Mark R. Laaser,2010-04 This A Z guide assists people helpers pastors professional counselors youth workers and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations **75 Habits for a Happy Marriage** Ashley Davis Bush,Daniel Arthur Bush,2013-08-18 The stresses and strains of life can unravel the tight bond you once had with your spouse leaving you feeling lonely frustrated and unfulfilled 75 Habits for a Happy Marriage shows you how to restore that intimate and joyful union with simple positive actions that bring you closer together throughout the day Based in neuroscience psychology and real world experience these powerful techniques are easy to incorporate into busy schedules and will inspire readers to give their marriages the time they deserve They ll learn how to transform their relationship with meaningful gestures that instantly enhance communication and intimacy through exercises including Before getting out of bed in the mornings take one minute to meditate together helping the tenderness and compassion you feel for your partner to stay with you throughout the day At the end of each day hug your partner for at least

20 seconds and tell them how glad you are to be home Create a secret signal that only your partner recognises allowing you to make an intimate connection even when you re at the grocery store at a cocktail party or at dinner with your family This interactive guide will empower readers to enhance their connection shared with their partners in order to build a joyful and long lasting marriage With the guidance and practices detailed in 75 Habits for a Happy Marriage you will enrich the bond you share with your partner and build a happy supportive and long lasting marriage [Integrative Couple Therapy in Action](#)

Arthur C. Nielsen,2022-04-26 Integrative Couple Therapy in Action offers a comprehensive user friendly guide to handling the most common problems and crisis situations seen by couple therapists Drawing on the latest literature and the author s experience of over 40 years Nielsen investigates what makes certain issues such as sex or situations such as extramarital affairs so stressful for clients and challenging for therapists Unlike most graduate programs and texts on couple therapy that focus on theory and technique Integrated Couple Therapy in Action fills in the details The chapters cover common presenting problems sex money children and the stresses of time work and simply living together and then discuss catastrophic crisis situations couples reeling from affairs contemplating divorce divorcing or living in stepfamilies after divorcing Integrative Couple Therapy in Action provides one stop shopping for readers of all skill levels interested in understanding the subject matter that bedevils so many couples **Quickies**

Shelley K. Green,2004 Effective techniques for fashioning pleasurable and satisfying sex lives Quick can be good in therapy too Green and Flemons gather a wonderful array of approaches to brief sex therapy each presented by a well known therapist in the field Pleasure and humor are highlighted in the office and in bed as readers are reminded that the point of sex therapy is sexual change Quickies takes its cue from clients and keeps it positive and quick *The New Marriage Clinic* John M. Gottman,Julie Schwartz Gottman,2024-07-09 The widely celebrated research based marital therapy program now updated and revised The highly influential book The Marriage Clinic presented a complete marital therapy program based on John Gottman s much heralded research on marital success and failure Since then Dr Gottman has collaborated with his wife clinical psychologist Dr Julie Gottman to conduct their well known Love Lab studies allowing the pair to design a highly successful couples workshop and develop their Sound Relationship House theory Now in the book s first ever revision Dr Gottman and Dr Gottman incorporate the results of their studies and their most powerful interventions In addition to its original celebrated marital therapy program The New Marriage Clinic includes findings on the dynamics of same sex couples interventions for couples recovering from situational domestic violence strategies for couples rebuilding their marriages after an affair and much more No relational therapist s bookshelf is complete without this vital update to the groundbreaking guide on marital therapy [Start, Love, Repeat](#)

Dorcas Cheng-Tozun,2017-11-07 A prescriptive guide to how to keep your relationship strong when there s a start up in the family The idea of starting your own business is exhilarating and inspiring It s one over 30 million Americans pursue But being the significant other of an entrepreneur is not so glamorous Boundaries between work and home disappear Personal savings and

business funds become intertwined You can feel like a single parent as your spouse travels works late hours and answers calls and e mails 24 7 You may even sacrifice a career or move your home for the sake of the business But there are strategies you can use to combat all this stress and uncertainty Whether you re new to the start up world or a long term entrepreneurial partner Start Love Repeat will help you understand exactly how a start up affects your lives and what you can do to build a happy and healthy relationship in the midst of the madness Dorcas Cheng Tozun has not only done extensive research she has lived through the perils and pitfalls of being with an entrepreneur as the wife of the CEO and cofounder of successful start up d light She offers clear sighted first hand advice for any couple considering making the same leap She further draws on interviews with other successful entrepreneurs and their significant others executive coaches marriage family therapists venture capitalists and start up authorities to provide practical insights and steps any couple can take to build a strong relationship while launching that dream business

Healthy Sex Drive, Healthy You Diana Hoppe, 2010-04 Studies show that having a healthy sex life can Boost your immune system Promote heart health Alleviate stress Increase longevity In easy to understand text Dr Hoppe explains The expected life patterns of a woman s sex drive How and why libido is different in men and women and what to do about it Ways medical psychological emotional sensual to boost your desire and get and stay focused on sexual intimacy Doctors emerging understanding of sexual dysfunction in women Overflowing with ideas and tips for what you can do tonight to light the fire this book is at once reassuring and effective

Sexuality: God's Gift Anne Krabill Hershberger, 2010-06-17 Big business makes big money selling a phony notion of what we want and need as sexual people Ads insist that certain products will make us more sexually appealing But what we really want and need is true intimacy the knowledge that we matter to another person and are loved for who we are We all are sexual beings all of our lives and relate to each other sexually all the time God marvelously made us this way Using the metaphor of sexuality as a good gift from God this book offers Christian resources for living a sexually healthy and fulfilling life Extraordinarily comprehensive nuanced and sensitive even richer than its predecessor It is a splendid resource for all Christians who wish to live more deeply in gratitude to God for their own sexuality James B Nelson professor emeritus of Christian ethics United Theological Seminary of the Twin Cities An important contribution to Christians seeking to celebrate their sexuality with holiness and integrity The Rev Debra W Haffner executive director Religious Institute Westport Connecticut

Helping Couples Overcome Infidelity Angela Skurtu, 2018-01-12 Helping Couples Overcome Infidelity provides clinicians with tangible research oriented intervention strategies that can guide couples through the aftermath of an affair In the treatment of an affair there are several key elements that couples need to work through as a team including assessment working through the crisis phase rebuilding trust acknowledging the pain infidelity causes repairing relationship issues creating a dynamic sex life choosing to stay in or leave the relationship and forgiveness This book will cover nine milestones in detail and offer a framework for how clinicians can offer helpful treatment at each step Also included are case

studies of particularly challenging couples that the author has worked with and a section at the end of each chapter on therapist self care

Innovative Skills to Increase Cohesion and Communication in Couples Julie Anne Laser-Maira, Nicole Nicotera, 2019-04-16 Couples who enter therapy often view the endeavor as a last ditch effort before seeking legal services filing for divorce and parting ways for good Given this mentality at the outset couples therapy is not always successful or enjoyable for either the client or the therapist It is also an area of practice that is often given short shrift in training programs that predominantly focus on clinical skills in work with children and adolescents group work practice in specific settings and assessment and treatment of mental disorders Innovative Skills to Increase Cohesion and Communication in Couples discusses evidence based clinical techniques and skills that support and nurture couples in their relationship Each chapter begins with a succinct overview of a technique evidence that supports it and ideas for assessment to ensure it is appropriate for the couple Subsequent sections of each chapter provide clear examples of approaches so that new or seasoned clinicians will have requisite knowledge for effective implementation required materials suitable locations for use and personal preparation The text serves as an essential resource for clinicians as well as social work counseling and psychology students and professors

The Sex-Starved Wife Michele Weiner Davis, 2008-12-30 Arguing against popular misconceptions that blame women for unfulfilling sexual relationships a practical guide identifies the biological and psychological factors that compromise a man s sex drive while suggesting practical strategies for promoting healthier levels of intimacy

Love Skills Linda Carroll, 2020-02-14 An incisive couple s workshop in a book for navigating the challenges of relationships and unlocking lasting love Linda Carroll s first book Love Cycles describes the five stages of intimate relationships in detail illuminating the behaviors associated with each stage and strategies for successfully navigating them This companion workbook Love Skills is a practical guide to creating and maintaining a loving relationship Exercises activities self assessments and other concrete tools allow readers to understand where they are in their relationship Carroll addresses such thorny issues as the loss of sexual energy why what once seemed endearing is now annoying and the many ways that family history and personality type can wreak havoc in relationships Her well researched practices help keep love alive in the midst of seemingly intractable differences and specific effective solutions to couples most common struggles provide a clear map for moving forward Most important Carroll s couple tested techniques allow readers to deal with conflict without losing connection and show that conflict when navigated properly can lead to renewed closeness and unprecedented connection

Secrets of the Sexually Satisfied Woman Jennifer Berman, Laura Berman, Alice Burdick Schweiger, 2005-04-13 The nation s leading experts on women s sexual health offer up the secrets to female sexual satisfaction using data culled from their groundbreaking new survey Not since The Hite Report twenty five years ago has female sexuality been so comprehensively addressed and analyzed In Secrets of the Sexually Satisfied Woman Drs Laura and Jennifer Berman topple common misconceptions and reshape conventional wisdom based on their revolutionary and highly anticipated National

Women's Sexual Satisfaction Survey Extrapolating from the study results the Bermans address the psychological and medical factors that affect sexuality while providing expert accessible advice on how women can improve their sex lives and enhance sexual pleasure The Bermans are not afraid to take on topics that make most people blush and this book is sure to be an essential resource for women throughout the country

Embark on a transformative journey with Written by is captivating work, Discover the Magic in **Sex Starved Marriage Boosting Your Marriage Libido A Couples Guide** . This enlightening ebook, available for download in a convenient PDF format Download in PDF: , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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